

# KEYBOARD WELLNESS SEMINAR 2015

(Schedule subject to change)

## Friday, July 24, 2015

1:00-5:00 pm	<b>Registration</b>
5:00-7:00 pm	Dinner on your own or in dining hall if dorm resident
7:00 pm	<b>Orientation</b>
8:00 pm	<b>Opening Concert:</b> Sheila Paige, Harvey Bellin, Michael Gurt, Jamie Gurt

## Saturday, July 25, 2015

9:00 am	<b>Introduction to Keyboard Wellness:</b> Sheila Paige
9:10 am	<b>Alexander Technique:</b> Phyllis Richmond
10:15 am	<b>Balance and Arm Weight at the Keyboard:</b> Sheila Paige
11:15 am	<b>Breakout Sessions</b> Participants will work with faculty members on ideas from the previous lecture.
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Showcase, Theory in Minutes:</b> Ann Lowry from Music Bag Press, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00-4:30 pm	<b>Music and the Brain:</b> Sheila Paige and Vicki Conway While the emotional power of music has long been accepted, recent research has clearly shown how music registers in many simultaneous areas of the brain. When the areas of the brain for learning and performing music compete for our attention, they can cause inefficient or insufficient learning and performance anxiety. Sheila Paige and Vicki Conway, founder of <i>Developmental Fitness</i> , discuss strategies and activities to help organize the complex communication system between the senses, the brain, and the muscles of the body.
4:30-5:30 pm	<b>Master Class with Teenaged Students:</b> Sheila Paige
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Faculty Recital:</b> Angelin Chang

## Sunday, July 26, 2015

8:00 am	<b>Alexander Technique, Proper Posture and Seating:</b> Phyllis Richmond
9:00 am	<b>How Motion Affects Sound:</b> Sheila Paige

10:15 am	<b>Breakout Sessions</b> Participants will work with faculty members on ideas from the previous lecture
11:30 am	<b>HeartMath and FreezeFrame:</b> Robert Bonham Do our thoughts and feelings affect our performance? Of course they do. The intimate connection between feelings and the physical heart and brain can be demonstrated in the biofeedback program of HeartMath. FreezeFrame teaches techniques to help you stay in the zone. Dr. Bonham will work with 2 or more volunteers and we'll see their progress later in the week. The volunteers will get to practice with emWave biofeedback devices throughout the seminar.
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>The Pianist Versus the Piano Technician:</b> Stephen Claunch, Orchestra Hall Master technician from Steinway Hall Dallas and Vice President of Steinway Hall Dallas-Fort Worth-Houston
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 -4:30 pm	<b>Keyboard Wellness at the Organ:</b> Bradley Welch Dr. Welch will discuss applying Keyboard Wellness techniques to a variety of organ passages with different textures. He will also show ways to master these passages. Afterwards there will be a hands on workshop for participants at the organ. Room 253 (Please note there are 2 sessions overlapping at this time slot)
3:00-4:30 pm	<b>Reflexology:</b> Tom Greenfield, Orchestra Hall
4:00-5:00 pm	<b>iPad for Pianists:</b> Rebecca Lew Most of this workshop will be spent discussing tips and tricks for using ForScore and performing with a bluetooth pedal. We will also touch on a few other helpful applications for pianists. Bring your iPads and your questions!
5:00 pm	<b>Mindfulness:</b> Carolyn Savko In today's world our bodies and nervous systems are constantly stuck on high. Mindfulness can help calm your nervous system, increase your concentration, help life to be more enjoyable, and teach us to be kinder to ourselves.
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
7:00 pm	<b>Support Group:</b> Robert Bonham, moderator
8:00 pm	<b>Faculty Recital and Participant Recital:</b> Brian Allison and seminar participants

## Monday, July 27, 2015

8:00 am	<b>T'ai Chi:</b> Phyllis Richmond
9:00 am	<b>Forearm Rotation:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b> (open only to Faculty and Faculty-In-Training)
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Tips for setting up your studio for web lessons:</b> Sheila Paige, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.

3:00 pm	<b>Grouping:</b> Sheila Paige
4:00 pm	<b>Master Class:</b> Sheila Paige
5:00 pm	<b>Mindfulness</b> with Carolyn Savko
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Participant Recital:</b> TBA

## Tuesday, July 28, 2015

8:00 am	<b>T'ai Chi:</b> Phyllis Richmond
9:00 am	<b>In and Out Forearm Movements:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Technique Clinic:</b> Sheila Paige (open to all)
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>Showcase, Stress Control, featuring Nature's Sunshine herbs and vitamins:</b> Tom Greenfield, Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Leaps:</b> Sheila Paige
4:00 pm	<b>Joint Alexander Technique and Keyboard Wellness Clinic:</b> Phyllis Richmond And Sheila Paige
5:00 pm	<b>Mindfulness</b> with Carolyn Savko
5:30-7:00	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Participant Recital:</b> TBA

## Wednesday, July 29, 2015

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>Up and Down and Lateral Forearm Movements:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b> (open to only Faculty and Faculty-in-Training)
12:30 pm	Lunch in the Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Interdependence of Hands:</b> Sheila Paige
4:00 pm	<b>Master Class:</b> Michael Gurt
5:00 pm	<b>Mindfulness</b> with Carolyn Savko
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident

8:00 pm	<b>Participant Recital:</b> TBA
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## Thursday, July 30, 2015

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>Forearm Shaping:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Technique Clinic:</b> Sheila Paige (open to all)
12:30 pm	Lunch in the Orchestra Hall
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00-3:30 pm	<b>Emancipation from Notation:</b> Sheila Paige
3:30-4:00 pm	<b>Special Session on Arpeggios:</b> Sheila Paige
4:00-5:00 pm	<b>The Ear-Brain-Body Connection:</b> Vicki Conway Learn how our hearing and listening skills affect our inner ear, making us move to the beat and giving us a conscious window into the balance and kinesthetic sense of the body and the brain.
5:30 pm	<b>Mindfulness</b> with Carolyn Savko
5:30-7:00 pm	Dinner on your own or in dining hall if dorm resident
8:00 pm	FREE NIGHT (group dinner TBA)

## Friday, July 31, 2015

8:00 am	<b>Tune Up Tips to Start Your Morning and Enhance Your Day:</b> Robert Bonham
9:00 am	<b>Octaves and Staccatos:</b> Sheila Paige
10:30 am	<b>Breakout sessions</b> with faculty members
11:30 am	<b>Faculty Technique Clinic</b> (open only to faculty and faculty-in- training)
12:30 pm	Lunch in the Orchestra Hall
1:00 pm	<b>HeartMath and FreezeFrame Follow Up:</b> Robert Bonham, Orchestra hall Volunteers for the week will be evaluated again to see what their progress has been during the week.
...-3:00 pm	FREE TIME until 3:00 pm for practice, lessons, rest, etc.
3:00 pm	<b>Master Class:</b> Sheila Paige
4:00 pm	<b>Innovations in Technique:</b> Sheila Paige
5:30-7:00	Dinner on your own or in dining hall if dorm resident
8:00 pm	<b>Concert:</b> Michael Gurt After concert reception and going home party

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## **Saturday, August 1, 2015**

	Breakfast for dorm residents Return home!
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